

Monthly Walking Log

Month _____

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>
Total	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>
Week 2	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>
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Week 3	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>
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Week 4	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>
Total	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>	<div><div></div><div>Distance</div></div>
Week 5	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>	<div><div></div><div>Time</div></div>
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Sample Walking Program

Level	Time	Days	Goals
1	15 Minutes	5 Days	Walk 0.5 mile in 15 minutes
2	25 Minutes	5 Days	Walk 1 mile in 25 minutes
3	33 Minutes	5 Days	Walk 1.5 miles in 33 minutes
4	40 Minutes	5 Days	Walk 2 miles in 40 minutes
5	45 Minutes	5 Days	Walk 2.5 miles in 45 minutes
6	45 Minutes	5 Days	Walk 3 miles in 45 minutes

Always talk to your doctor before starting any exercise program.

When you consistently reach the goal for a level, you are ready to move to the next level.



WALK

Take the first step toward health . . .



Walking Tips

- Always warm up. Walk slowly for 3-5 minutes before exercise.
- Choose comfortable shoes with flexible soles and good arch and heel support.
- Walk on sidewalks where available; if walking on the street, face traffic and cross intersections carefully.
- Always cool down. Walk slowly for 3-5 minutes after exercise.
- Follow the cool down with 10 minutes of stretching.
- HAVE FUN!

Head

Keep head up with eyes looking forward

Back

Keep back straight with a tall posture

Buttocks

Keep buttocks tucked under

Front Foot

Plant front foot heel first . . .



Chest

Lift chest

Arms

Keep arms bent at 90° angles

Stomach

Keep abdominals gently pulled in

Knees

Keep knees soft

Back Foot

. . . then roll back foot along the ground and push off with your toes